LUPITA NYONG'O'S RED CARPET PRINCESS MOMENT

SEE MORE WINNING LOOKS FROM THE ACADEMY AWARDS INSIDE. PAGES 14-15

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Flower power. Despite another snowy forecast Monday, Flower Show officials offer a taste of spring.
"Snow" sale. Special offers are available for visitors willing to make the trek.

PAGE 02

Trading flakes for flowers

A man and a woman discuss displays Sunday at the Pennsylvania Horticultural Society's annual Flower Show at the Convention Center. / CHARLES MOSTOLLER

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1 NEWS

Top 3

What's trending at Metro.us

1 'The best and worst looks from last night's Academy Awards'

2 'PHOTO: Gymnast contorts her body, transforms into shape of giraffe'

3 'VIDEO: Talking dog says "Blah, blah, blah"'

Local tweet

"And that is a Villanova record 26 regular season wins. And two more to go (both will be a battle against Xavier and Georgetown)"

Get out your noisemakers, @AugustinianArmy.

Petals, not flakes, fall at annual Flower Show

Early spring. The annual Flower Show at the Convention Center offers a glimpse at the season that still eludes the city.

There's a little something for everybody at this year's Flower Show.

From succulents and cactuses to orchids and houseplants, plus the first-ever "butterfly room" with a combination of domestic and exotic butterflies, the largest and oldest indoor flower show in the world is returning to Philadelphia to brighten the tail-end of winter.

"We think this winter has just been really challenging for people, but they're going to be game and they're going to come," said Lisa Stephano, senior marketing director at the Pennsylvania Horticultural Society.

Despite the — yet again — snowy forecast for Monday, Stephano is confident that it won't slow down spectators. If heavy snow falls, special offers may be available at Theflowershow.com for visitors still willing to make the trek to the Pennsylvania Convention Center.

This year's flower show theme is "ARTiculture," drawing on elements of the fine arts to accentuate the flowers on display.

"There's such a fabulous synergy between horticultural design and art. It is an art form in many ways," Stephano said.

For urban dwellers with small apartments, the love of gardening may only be expressed through a few plants on a window sill. No matter, Stephano said.

"Anyone who has space is looking for these wonderful pops of color, or these vignettes on their deck and patio," she said.

Additionally, vendors and exhibitors at the show can bring in their own flowers.

A horticultural booth at the show will have specialists who can offer advice to visitors on how to tend to their plants.

"Just bring a picture of the plant or the problem and they can diagnose it on the spot," Stephano said.

Exhibitors and vendors showed displays that went along with the "ARTiculture" theme at the Pennsylvania Horticultural Society's annual Flower Show at the Convention Center Sunday. / CHARLES MOSTOLLER

By the numbers

225K

Visitors to the 2013 show

170

Vendors at this year's show

SAM NEWHOUSE
sam.newhouse@metro.us

Pricing

The Flower Show will be open, rain or shine, on Monday. The show runs until March 9.

- A special $20 "snow" ticket will be offered at Theflowershow.com through midnight Monday.
- This discounted ticket can be used any day up and until March 9.
- Otherwise, tickets in advance: $27 for adults, $15 for kids, $20 for students. At the door: $32 for adults, $17 for kids, $22 for students.

Officer down

Off-duty cop shot near his home in Overbrook Park

A 46-year-old off-duty police officer remains in stable condition after he was shot while heading home from work early Sunday, police said.

Brian Penn, a 24-year veteran of the force and member of the 16th District, was shot just after midnight as he exited his car on the 7300 block of Brentwood Road in Overbrook Park, not far from his house, police said.

An unidentified man approached Penn, made an indecipherable comment and then shot the officer once in the right shoulder. The bullet exited through Penn's back.

Penn is currently in stable condition at the Hospital of the University of Pennsylvania.

Penn is a married man with two children — a 9-year-old daughter and a 17-year-old son.

The gunman was described as a 5-foot-8 black man dressed in a black jacket, black pants and black hat.

He was last seen fleeing east in the alleyway of Brentwood, police said.

TOMMY ROWAN

Got info?

Anyone with information is asked to contact the authorities:

- Call 215.686
- Call TIPS (8477)
- Text PPD TIP or 773847.

Not again. Forecasts predict between 4 and 8 inches of snowfall

It's not even funny anymore.

The National Weather Service predicts 4 to 8 inches of snow will blanket the city by the end of Monday morning.

The city declared a snow emergency, which started at 10 p.m. Sunday night. The city will open two hours late on Monday morning.

Meteorologist Mike Gorse said the snow will linger for a few days as temperatures hover in the 20s on Monday and Tuesday.

Monday trash collections are cancelled, and driveway/alley collections are cancelled all week. Courts and parochial schools will be closed Monday.

Is this the last snow storm? "No guarantees," Gorse said METRO

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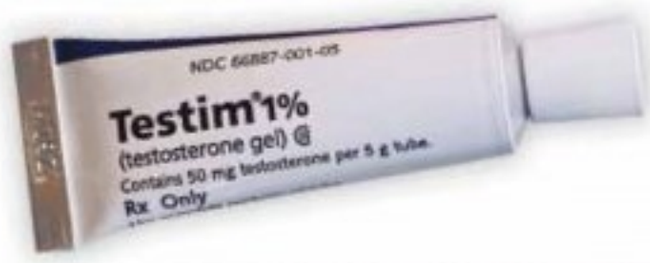

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‘Rocket cats’ found in Penn files

Warfare. Medieval texts in UPenn archives display strange weaponry concepts.

These images originate from medieval texts in the archives of the University of Pennsylvania Libraries. / PROVIDED

Hidden inside the pages of a few 16th-century manuscripts is evidence that at one time or another, warring nations at least considered using “rocket cats” as tactile weapons.

Mitch Fraas, the Schoenberg Scholar-in-Residence at the University of Pennsylvania Libraries, was pointed toward images inside the medieval texts that show cats and birds strapped to what look to be jet packs.

“The way they’re drawn it looks like they are being propelled,” Fraas said. “But really they’re just on fire.”

Last year an Australian manuscript enthusiast who was paging through some of the 2,000 pre-1800 manuscripts in Penn’s collection, which are available online, found images of “rocket cats” and messaged Fraas. This led to a blog post, and then Great Britain’s Daily Mail tabloid inquiring.

Through translation, Fraas discovered the gist: One group is besieging a fortified town, and, “You can’t get inside the walls, but plenty of animals move in and out of the walls at night,” he said.

“Why not capture a cat or a bird or something and essentially strap a sack of gunpowder to its back, light a long fuse and let it go,” he added.

The hope is if it’s a dove or a homing pigeon it returns to its home. “If it’s a cat it’s going to run back to its house, terrified because it’s on fire,” Fraas said. “And then when it reaches its resting place, it will set the whole town on fire when it explodes.”

But, more likely, “Once you light the fuse, the cat will run back into your tent.”

Nothing he read on the Austrian-Turkish wars show cats were used as weapons.

But the idea isn’t new.

Russian manuscripts from the Middle Ages illustrate the use of birds as weapons. In the Bible, in the Book of Judges, Solomon lights fox tails on fire and sets them loose.

“I can’t imagine it would work,” Fraas said.

Quoted

“You could see something like a dove or a homing pigeon, because they do return to their homes. You could see someone trying to think how to use that to their advantage. Whether they’ll fly back to their homes once they’re on fire is another thing.”
Fraas

TOMMY ROWAN
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Random Reality

KATHRYN QUIGLEY

KATHRYN QUIGLEY IS A COLUMNIST FOR METRO PHILADELPHIA. SHE TEACHES JOURNALISM AT ROWAN UNIVERSITY. SHE CAN BE REACHED AT KATHRYNSQUIGLEY @ GMAIL.COM. HER OPINIONS ARE HER OWN.

LIKE BUYING A CAR

Let me preface this column by saying no one is dead. Well, at some point, we all will be dead, but no one I am writing about is, as yet, deceased.

That is why it was weird to be pre-planning a funeral. For financial reasons, I needed to set aside money and pay for the funeral of a loved one. Who is not yet dead. I know it makes fiscal sense, but it felt rather odd. It also felt a bit rude, like planning a big party but not inviting the guest of honor.

Pre-planning this funeral has been on my to-do list for a long time. Not surprisingly, I kept putting it off. There just never was a day when I awoke and thought: "Say! I think I feel like picking out a casket!"

But I finally made myself do it. I selected a Mayfair funeral home that is well-known and near where my family grew up. When I visited the home one day the funeral director was very kind and told me it was better to make all these decisions now than after the death when I'll be stressed and upset.

Quoted

For financial reasons, I needed to set aside money and pay for the funeral of a loved one. Who is not yet dead.

Instead of an image of Jesus with a bleeding, open-chest wound showcasing his pierced, glowing heart, I chose a Mass card with St. Patrick on one side and the Irish blessing on the other. After we discussed the church, the obituary and the burial plot, came the strangest part — picking out a casket.

I decided the best way to get through it was to act like I was buying a car. And most of my cars have been economy models. The person for whom I planned the funeral is a penny-pincher and wouldn't want something fancy.

The funeral director showed me a beautiful wood casket that gleamed. I stared in awe. Then I realized I liked it because it looked like something that should go in my living room, not in the ground.

Moving on.

I asked to see the cheapest casket. Nope. It looked and felt like tin. I believe in "economy" models, but not that extreme. I finally chose something equivalent to the Hyundai of caskets, but a nice Hyundai — like the Elantra I drive.

Lastly, I selected a grave liner, which seemed silly. But apparently it is required in the cemetery where the funeral plot is located.

So pre-planning a funeral is off my list and "Meet George Clooney" can go back at the top. And when the sad day finally comes, at least I can gaze upon St. Patrick's face instead of Jesus' bleeding, glowing heart.

Come and ride this way

Deshon Arnez Lloyd leads a couple on a Philadelphia Segway Tour through Chinatown on Sunday. / CHARLES MOSTOLLER

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Dilemma. How to boost domestic goals without more deficit

President Barack Obama will unveil a budget this week that seeks to boost spending on new initiatives such as road repairs, education programs and tax breaks for the working poor while avoiding an increase in U.S. deficits.

Obama has made reducing the gap between the rich and the poor a centerpiece of his agenda for his next three years in office. But he is limited in his ability to offer bold new initiatives because of a budget accord he reached in 2011 with House of Representatives Republicans that puts strict curbs on both domestic and military spending.

An agreement reached in December between congressional Republicans and Obama's Democrats allowed a slight easing of curbs on spending in the current 2014 fiscal year, but outlays will be essentially flat in fiscal 2015, which begins Oct. 1.

Obama's budget and the coming debate in Congress will focus on how to work within those limits.

"We're on track to having discretionary spending the lowest as a share of the economy since we started recording discretionary spending in 1962," White House Council of Economic Advisers Chairman Jason Furman said last week. REUTERS

By the numbers

$1T

Because of the caps, spending on programs subject to annual review in 2015 will total $1.014 trillion — an increase of less than two-tenths of a percent.

Futile gestures

Even with only a minuscule spending increase, Obama's budget proposals are unlikely to become law anytime soon.

- The divided U.S. Congress controls the government's purse strings and Republicans who hold power in the House of Representatives disagree with policy priorities such as added spending on job training and other programs.
- That means Obama's blueprint is more of a campaign document than a road map to the country's fiscal path over the next year. It will be used to guide messaging in the November congressional elections in which Democrats are fighting to keep control of the Senate and avoid losing seats in the House.

Carpe diem

Obama urges Netanyahu to make peace

President Barack Obama said time is running out to negotiate an Israeli-Palestinian agreement and urged Israeli Prime Minister Benjamin Netanyahu to "seize the moment" to make peace.

In an interview with Bloomberg View columnist Jeffrey Goldberg, the president said he believes Palestinian Authority President Mahmoud Abbas "is sincere about his willingness to recognize Israel and its right to exist."

"We are coming to a point, though, over the next couple of months where the parties are going to have to make some decisions about how they move forward," Obama said. "And my hope and expectation is that, despite the incredible political challenges, that both Prime Minister Netanyahu and Abbas are able to reach past their differences and arrive at a framework that can move us to peace." BLOOMBERG

Massive storm takes aim at winter-weary Midwest

One person was killed and 20 people were taken to three hospitals with injuries Saturday morning in a giant pileup on north bound Interstate 25 as a band of heavy snow moved through Denver. A massive winter storm system packing cold air, snow and freezing rain was pummeling the central United States on Sunday and headed for the East Coast, sending temperatures plummeting and causing major delays for weekend travelers. Rainfall and snow associated with the system was expected to stretch over 1,500 miles, from southeastern Colorado to southern Massachusetts, meteorologists said. More than 1,300 flights were canceled and another 1,744 were delayed as of late Sunday morning, according to the airline tracking site FlightAware.com. The storm could also further deplete salt supplies used to de-ice roads and highways, already at critical lows after a snowy winter in the Northeast. REUTERS / GETTY IMAGES

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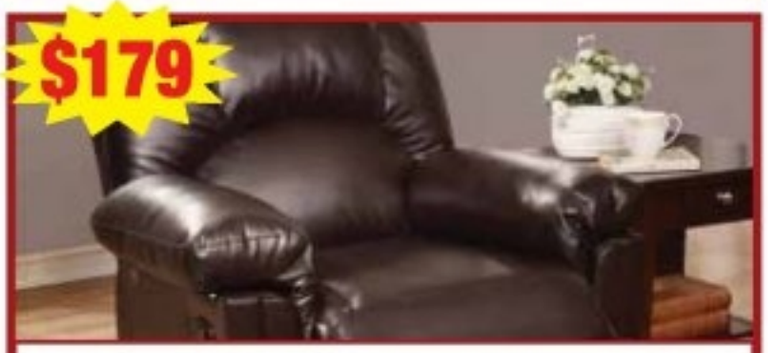
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Ukraine mobilizes after Putin's 'declaration of war'

On the edge. Russia seized Crimea and threatens Ukraine despite Western pleas for calm.

Russian troops guard a landing ship in the Ukrainian port of Sevastopol on Sunday as tensions continue to rise. / GETTY IMAGES

Ukraine mobilized for war on Sunday and Washington threatened to isolate Russia economically, after President Vladimir Putin declared he had the right to invade his neighbor in Moscow's biggest confrontation with the West since the Cold War.

"This is not a threat; this is actually the declaration of war to my country," Ukraine's Prime Minister Arseny Yatseniuk, head of a pro-Western government that took power when Russian ally Viktor Yanukovich fled last week, said in English.

Putin secured permission from his parliament on Saturday to use military force to protect Russian citizens in Ukraine and told President Barack Obama he had the right to defend Russian interests and nationals, spurning Western pleas not to intervene.

Russian forces have already bloodlessly seized Crimea — an isolated Black Sea peninsula where Moscow has a naval base.

On Sunday, they surrounded several small Ukrainian military outposts there and demanded the Ukrainian troops disarm. Some refused, leading to standoffs, although no shots were fired.

All eyes are now on whether Russia makes a military move in predominantly Russian-speaking eastern Ukraine, where pro-Moscow demonstrators have marched and raised Russian flags over public buildings in several cities in the last two days.

U.S. Secretary of State John Kerry condemned Russia for what he called an "incredible act of aggression" and threatened "very serious repercussions."

"You don't just, in the 21st century, behave in 19th century fashion by invading another country on a completely trumped-up pretext," Kerry told CBS program "Face the Nation." REUTERS

By the numbers

150K

Russia moved 150,000 troops to the Ukrainian border and staged war games, though none have crossed into Ukraine.

U.S. response

Kerry talks implementing sanctions

The U.S. brandished the threat of economic sanctions on Russia on Sunday, with Secretary of State John Kerry calling Moscow's moves on Ukraine an "incredible act of aggression."

As Washington's already strained relations with Moscow deteriorated further, Kerry was scathing in his condemnation and said the United States has "all options on the table," including a military response.

Kerry listed visa bans, asset freezes, trade isolation and investment changes as possible steps. REUTERS

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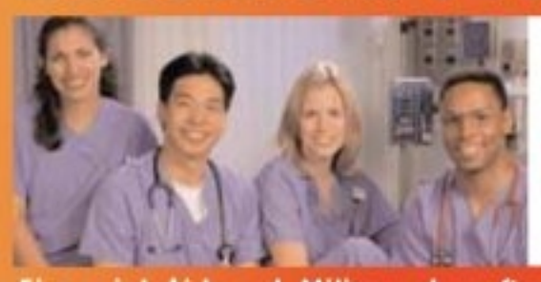
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GETTY IMAGES

Venezuelans take politics to the beach

Thousands of Venezuelans escaped to the beach for the long Carnival weekend, heeding President Nicolas Maduro's call to leave behind nearly a month of anti-government protests. But they took their politics with them. Not even the reggaeton pop music blasting at full volume drowns out the discussions about inflation, violent crime and the political differences that divide Venezuelans. "We're never going to stop talking about this," said Carlos Rivero, a 32-year-old security guard who was visiting La Morena, north of Caracas, with his wife. REUTERS

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2 CULTURE

Twitter feed

Bynes is back on Twitter

Look out, Twitter; Amanda Bynes is back. But this time around, the troubled former Nickelodeon star is apparently looking to keep things positive. She's deleted all her posts chronicling her descent into madness and obsession with rapper Drake, and now her profile has a simple message to her 3.08 million followers: "Hi everyone! I'm busy studying at [L.A.'s Fashion Institute of Design and Merchandising] but I want to say I love you to my fans!"

'Movie 43,' the Smiths win top honors at this year's Razzies

Elizabeth Banks is now a Razzie-winning director. / RACHEL ROBERTS

Has Adam Sandler's dominance of the Razzies come to an end? While Sandler has earned plenty of dubious honors from the Golden Raspberry Award Foundation — "celebrating" the worst in cinema each year on the night before the Oscars — he went home empty-handed despite his "Grown Ups 2" being nominated for nine Razzies.

Instead, the top honor went to the star-studded sketch-comedy omnibus "Movie 43," which won Worst Director for its 13 directors and Worst Screenplay for its 19 credited writers. Sandler himself was unseated by Jaden Smith, dubbed Worst Actor for his work alongside dad Will Smith — and Worst Supporting Actor winner — in the sci-fi flop "After Earth." The father/son duo also earned a trophy for Worst Screen Combo. And Johnny Depp's disappointing "The Lone Ranger" was named Worst Remake, Rip-off or Sequel, making it the only Oscar-nominated film (for Best Makeup) to win a Razzie this year.

NED EHBAR

Razzie "winners"

- **Worst Picture:** "Movie 43"
- **Worst Actor:** Jaden Smith, "After Earth"
- **Worst Actress:** Tyler Perry (in drag), "A Madea Christmas"
- **Worst Supporting Actor:** Will Smith, "After Earth"
- **Worst Supporting Actress:** Kim Kardashian, "Tyler Perry's Temptation"

Leto to Nyong'o: 'Lupita, I'm thinking of you'

When Jared Leto won the Independent Spirit award Saturday night for his role in "Dallas Buyers Club," he proceeded to thank a litany of people including Wayne Gretzky, River Phoenix, Kurt Cobain, baby Jesus, Justin Bieber's "Beliebers" and "all the women I've been with and all the women who think they've been with me," he noted. But he capped it off with this juicy tidbit: "And also my future ex-wife, I'm talking to you, Lupita Nyong'o ... Lupita, I'm thinking of you."

Other things for Leto to think about? His outfit. He wore a scarf, a leather jacket and a flannel shirt tied around his waist. Dude is the Stevie Nicks of awards season.

GETTY IMAGES

This week in celebrity engagements

From "That '70s Show" to marriage: Mila Kunis and Ashton Kutcher are getting hitched.
GETTY IMAGES

Sarkozy and Olsen / GETTY IMAGES

This weekend was full of celebrities pledging to pledge their undying love to one another. First up: Mila Kunis and Ashton Kutcher, who are reportedly getting hitched, according to E! News. Kutcher was apparently encouraged to make it official with his former "That '70s Show" co-star after attending weddings for their respective siblings in December and last month. Meanwhile, Mary-Kate Olsen is reportedly set to marry 44-year-old French banker Olivier Sarkozy after two years of dating, according to Us Weekly. "Mary-Kate's family thinks Olivier is the best thing to happen to her. They love him," a source says. And the feeling's apparently mutual for friends of Sarkozy, who has two children from a previous marriage. "Mary-Kate has made him a better father" to 12-year-old Julien and 10-year-old Margo, another source says. "She remembers all the kids' special events. She thinks he's a great dad."

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
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Ellen DeGeneres is not Seth MacFarlane — which is OK?

The Oscars. A host returned to the gig to bring just a slight edge to one of television's longest evenings.

Pharrell performed "Happy," and got Meryl Streep to dance along. / ALL PHOTOS GETTY IMAGES

Last year the Academy of Motion Picture Arts and Sciences chose Seth MacFarlane as host, and were shocked when he spent the ceremony making jokes about Jews, Abraham Lincoln and boobs. Ellen DeGeneres was, of course, the safer choice.

She began by making an old person joke to 84-year-old "Nebraska" nominee June Squibb, and then told Jonah Hill, about his "Wolf of Wall Street" turn, "you showed us something in that film I haven't seen for a very, very long time. Get it?" Yes. She was alluding to a certain body part.

Then again, she did decide on no singing, no dancing and no inserting herself into clips from the nominated pictures. DeGeneres was her affable, intentionally semi-awkward self, albeit one who didn't avoid the issues. "It's been a tough couple of days," she said with a serious face. "It's been raining." (There's also a war going on on the other side of the world. But we'll get back to that today.)

Elsewhere she made light jokes about the foreign countries of some of its nominees. For Barkhad Abdi, about to lose the Best Supporting Oscar for "Captain Phillips," she tried to confuse Somalia with "sommelier."

She also took time to dwell on budding Gerald Ford impersonator Jennifer Lawrence's habit of tripping at awards ceremonies, reminding people she had in fact slipped only minutes prior.

From there it was onto the awards. The first Oscars in 1929 lasted only 15 minutes. The Academy wanted no fat this year. That's why the second thing they did was offer its first montage of the night, having Jim Carrey, in a blindingly sleek jacket, fete that obscure art form: animation.

The first award went to Jared Leto, who won for his performance as a transsexual with AIDS in "Dallas Buyers Club." Yes, we now live in a world where Jordan Catalano is an Oscar winner. Deal with it.

Leto — and his co-star Matthew McConaughey — have been criticized for delivering acceptance speeches that didn't mention AIDS or activist groups like ACT UP. Leto corrected that, albeit very, very briefly. Before that he delivered a longwinded and heartfelt ode to his mom. (He also name dropped his band Thirty Seconds to Mars, just in case you haven't heard of them.)

The trophy for Best Supporting Actress would have to wait. The award for Best Costume Design went to Catherine Martin for "The Great Gatsby." Martin is not only a regular collaborator for Baz Lurhmann — she's his wife.

If you didn't think the Oscars would make room for "The Lone Ranger" or "Jackass Presents: Bad Grandpa," think again. Both were nominated for Best Makeup & Hairdressing. But the award went to "Dallas Buyers Club," because they're not monsters.

In the final bit of drama before press time, Harrison Ford — everyone's idea of a party monster — sauntered on stage to introduce Best Picture nominees "American Hustle," "Dallas Buyers Club" and "The Wolf of Wall Street," but mostly succeeded in making the word "euphoric" sound like anything but.

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1 Saint Laurent made Jared Leto's white tux, but the question of the evening was: Who did his hair?

2 Best Supporting Actress nominee Lupita Nyong'o looked like Cinderella in a baby blue Prada gown with Fred Leighton jewels.

3 A pregnant Olivia Wilde glowed in an elegant black and white Valentino gown.

4 Jennifer Lawrence brought her best accessory — a graceful fall — to the red carpet. The actress once again tripped while walking in a Dior gown.

5 No plunging necklines here: Amy Adams classed it up in this sapphire silk gown by Gucci Première.

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Box office. Liam Neeson beats Jesus

"Non-Stop," an aeronautical thriller starring Liam Neeson, collected $30 million in ticket sales to soar into the lead at the domestic box office.

It swept the week's other new film, "Son of God" — culled from the television miniseries "The Bible" — into second place with $26.5 million in sales during a strong box office weekend that coincided with Sunday's Oscars ceremony.

"The Lego Movie," which led the box office for three consecutive weeks, was third with $21 million.

Rounding out the top five, the George Clooney World War II-era film "The Monuments Men" took in $5 million, while "3 Days to Kill," starring Kevin Costner as an over-the-hill international spy, was fifth with $4.9 million in ticket sales.

REUTERS

Oscar nominee Liam Neeson has another trashy thriller hit with "Non-Stop."

MYLES ARONOWITZ

Top earners

1 'Non-Stop' $30 million

2 'Son of God' $26.5 million

3 'The Lego Movie' $21 million

4 'The Monuments Men' $5 million

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'The Voice' winners: Where are they now?

With the new season premiering tonight at 8 on NBC, we look back at those who have already taken the crown. **JENNIFER VALDEZ**

Javier Colon

Colon won the inaugural season of "The Voice," charming America with his humility and spell-binding vocals. After the show, Javier released his album "Come Through For You" in Nov. 2011 with his debut single, "As Long As We Got Love," featuring Natasha Bedingfield.

In 2013, he launched the series "Inside Voice," a broadcast show on Back9Network, with co-host Jenn Bosworth. In the show, the two discuss season five of "The Voice."

Jermaine Paul

Huffington Post called Jermaine Paul a "legend in the making." The R&B singer won the second season of "The Voice" and was anticipated to reinvent R&B.

But where is Paul now? His winning cover song of "I Believe I Can Fly" made its way to the No. 83 spot on the U.S. Billboard Hot 100. But his following song, "Soul Man," featuring his coach, Blake Shelton, did not do as well. Before "The Voice," he was on many of Alicia Keys' songs as well as Kanye West's "Gold Digger," but Paul has yet to release his own album.

Cassadee Pope

Cassadee Pope, former lead vocalist of Hey Monday and winner of season three, rocketed out of the gates.

Less than a week after winning "The Voice," Pope owned the No. 1 spot on Billboard's Heatseekers Songs' chart. Her album "Frame by Frame" was released in Oct. 2013 by Republic Nashville.

Pope begins her U.S. tour with country singers Tim McGraw and Kip Moore in April. She has been nominated for Best Album and Best Female Artist for the 2014 World Music Awards.

Danielle Bradbery

Seventeen-year-old Danielle Bradbery holds the record as the youngest winner on "The Voice" after taking the win on season four. After the show, she signed with Big Machine Records. She released her first debut single, "The Heart of Dixie" in July 2013, and her self-titled debut album in November. Her song "My Day" was featured at the Sochi Winter Olympics as she was chosen to be "the voice" of the 2014 Games' promotional campaign. She joins Hunter Hayes on tour this month.

Tessanne Chin

Tessanne Chin, the Jamaican recording artist from Kingston, won the last season of "The Voice." During season five, she performed Simon & Garfunkel's classic "Bridge Over Troubled Water," making her cover the first song in "Voice" history to become the No. 1 song on the iTunes chart. After her victory was announced, she debuted her first single "Tumbling Down," written by Ryan Tedder of OneRepublic. She was named Caribbean Journal's 2013 Artist of the Year, performed on "The Tonight Show with Jay Leno," performed in the Rose Bowl parade and co-headlined Shaggy's benefit concert for the Make a Difference Foundation along with many prominent artists. Her major label debut arrives next month.

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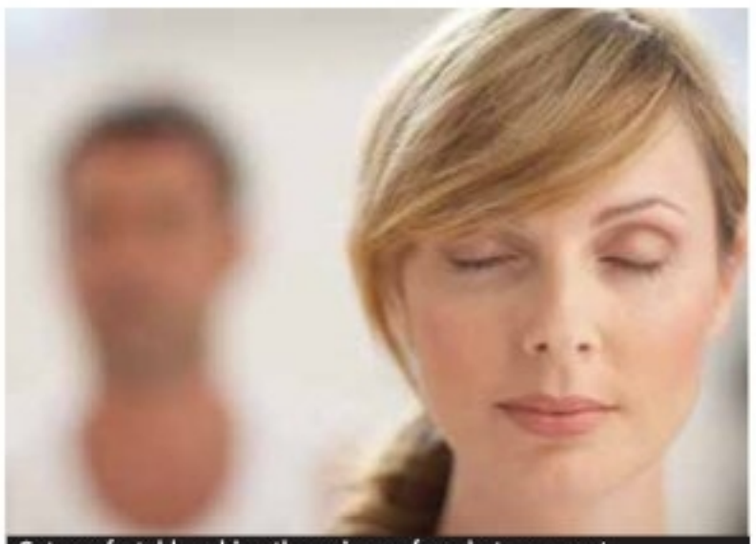
Manifesting is the practice of tuning your body and mind's energetic vibration to a high frequency. That may sound heady, but we're all beings of energy. When our energy vibrates at a low level we attract low-level circumstances. But when our energy is in a high vibration we attract positive outcomes.

To create powerful manifestations, we must believe in our desires. As Dr. Wayne Dyer says, "I'll see it when I believe it." Our faith carries powerful energy that supports the process of turning our dreams into reality.

If you're ready to take your manifesting skills to the next level, first cultivate a greater sense of knowing with these three steps.



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Surrender

Get into the daily practice of surrendering to your desires. Set daily intentions to release your attachment to the outcome and to release all expectations. This practice helps you get out of the way to let the universe do its thing.

Imagine

To manifest you must be able to feel the feeling of the experience before it even happens. How do you access that? Use your imagination! Sit in stillness and think your way into the experience that you want to create. Let your imagination guide you to tap into the images you want to see and the feelings you want to feel. Your imagination is your greatest resource for creating new experiences in your life. Spend five minutes a day practicing this imagination exercise.

Feel like you're already there

In time, through the imagination process, you'll feel what it's like to experience your desires. Write down what that feeling feels like, and do whatever it takes to tap into it. For instance, if you're manifesting more money, focus your attention on everything you already have to cultivate a sense of abundance.

Ready to go further?

Join my workshop!

If you're inspired by this topic, I'm committed to helping you take the process even further. I welcome you to join me on Saturday, March 22 at gabbyb.tv/miracles for a free half-day workshop on manifesting. The workshop includes my top three meditations for enhancing your attracting power, five exercises to manifest your desires, guided group meditation and Q-and-A.

Counting calories.
What to expect from new nutrition labels

On Thursday, the White House and Food and Drug Administration proposed edits to nutrition labels that haven't undergone major changes in 21 years. The groups aim to make calories more prominent on the label, differentiate between added and natural sugars and modify serving size information, among other changes.

Actual edits to nutrition labels may take two years to implement, administration officials said. Proposed changes will be under a 90-day comment period.

So what does it all mean for you? We asked registered dietitian Rachel Berman from About.com to explain.

What's the most important change you want to see?
I would love to see added sugar and natural sugar separated out. Added sugar is considered discretionary calories that we really need to monitor. Food items with added sugar are indicative of being more processed versus natural foods. It will be a way to quickly see that without having to read the label.

I also think we might see some other types of nutrients become mandatory. Potassium — necessary for cardiac function — is not mandatory. Americans are not getting enough to maintain heart health.

What are the most important numbers to look for on a label?
I think total calories per package and per serving. Fiber is really important. Americans are not getting enough. Take a look at total fat. A quick way to see if it's a lot is, if it's more than 20 percent, it's considered high for fat, and 5 percent or less is considered low. Maybe some kind of color coding could be helpful.

What are your best tips for reading a label?
People can get absorbed in the numbers. Instead of obsessing over how many grams you are supposed to be eating, use the numbers as a comparison when deciding between two products. For example, if you're trying to get more fiber in your diet, choose the cereal with higher grams of fiber per serving.

LASSE EMIL KRISTIANSEN

The FDA proposed changes on Thursday. / FUSE

PLUS

Info overload

What are the problems with the current nutrition labels?

There is too much information. The nutrition food label really is a tool for how we eat. The addition with trans fat to the label in 2003 is actually what drove people to stop eating so much trans fat. The label can be a really important tool for change. Color coding can make a big impact on consumers.

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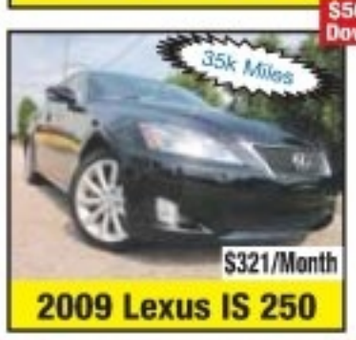

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College finance survival tips for divorced parents

Who pays. Divorce is messy enough, so prepare for the college talks early.

Figuring out how to split child care costs when you're divorcing is not easy, but it can be like remedial math compared to deciding who pays what for your children's college education. If you're divorced and have visions of framing your children's college diplomas, here is some road-tested advice:

1 Negotiate now. Many couples go into great detail about custody schedules in their divorce decrees, but skip over college. It's best to detail everything from the start, says Jonathan Marks, a divorce attorney in St. Louis. While you may still need to revisit the issue as the kids get older and your finances change, at least you have a baseline.

Julie Gill, a Toronto-based family mediator and certified divorce financial analyst, never discussed college when she got divorced 11 years ago. She regrets that now as her teenaged children are getting close to applying and she has almost no relationship with her ex.

"Our lawyers didn't feel the need to inform us that we should address it, and we didn't know any better. After all, it was a very long time away," Gill says.

She believes she will foot most of the bill for secondary education because there is no binding legal agreement that would make their father contribute.

2 Secure the college fund. If you have money saved for college, make sure it can't be utilized for anything else but your child's education.

David Kolakowski, the owner of a software company, officially ended his 20-year marriage in 2012. During the acrimonious divorce proceedings, they had $75,000 in three different accounts earmarked originally for their children's college educations, but not in 529 plans that are tax-free for

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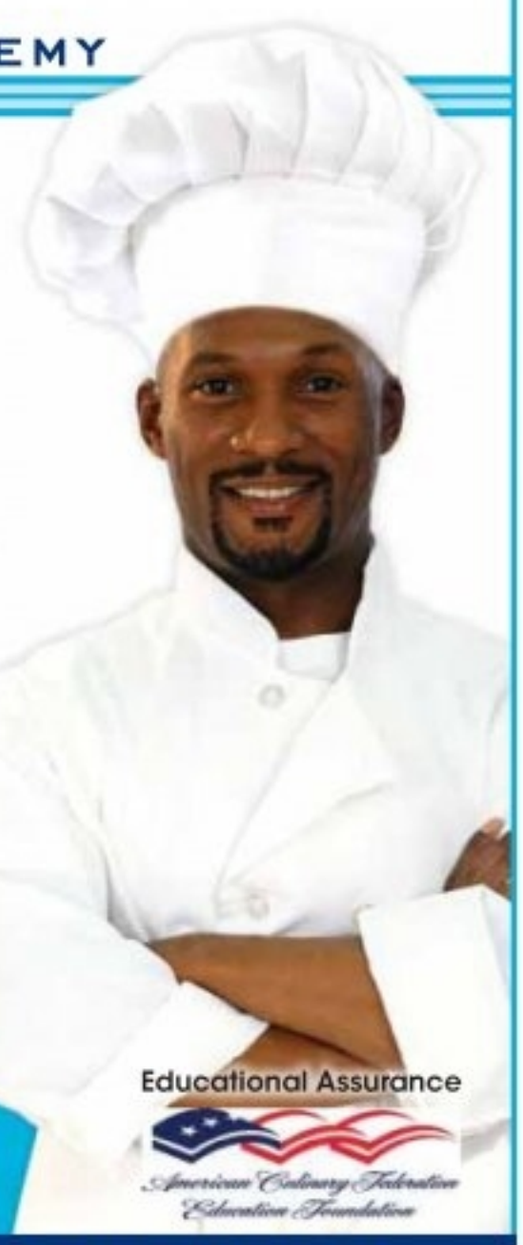

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Avoiding an expensive and acrimonious divorce can pay off in the long run. / COLOURBOX

Paperwork

Strategize about who fills out aid forms

For divorced families, the Free Application for Federal Student Aid (FAFSA), which colleges use to determine aid eligibility, only details the income of the parent the child lives with the most and will include the income of a stepparent if there is one.

"Assuming that a student is living with both parents equally, the parent with the lower income should fill out the FAFSA," says Steven Roy Goodman, an educational consultant and admissions strategist in Washington, D.C.

Though college costs are often hard to split evenly, properly filling out financial aid forms is the first step in making sure children get the maximum amount of aid possible.

college-only expenses. Because the funds were available for any purpose, he says that nearly $45,000 went to pay legal fees for both parties.

"If I could go back, I would have asked my attorney to lock down some of these assets for the kids' college education," he says.

Kolakowski also recommends parents avoid a contentious, expensive divorce. The only bright side for Kolakowski is that after his divorce, he created ExExpense.com, a financial tool for divorced couples. REUTERS

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Move on. How to tell when you need to start hunting for a new gig

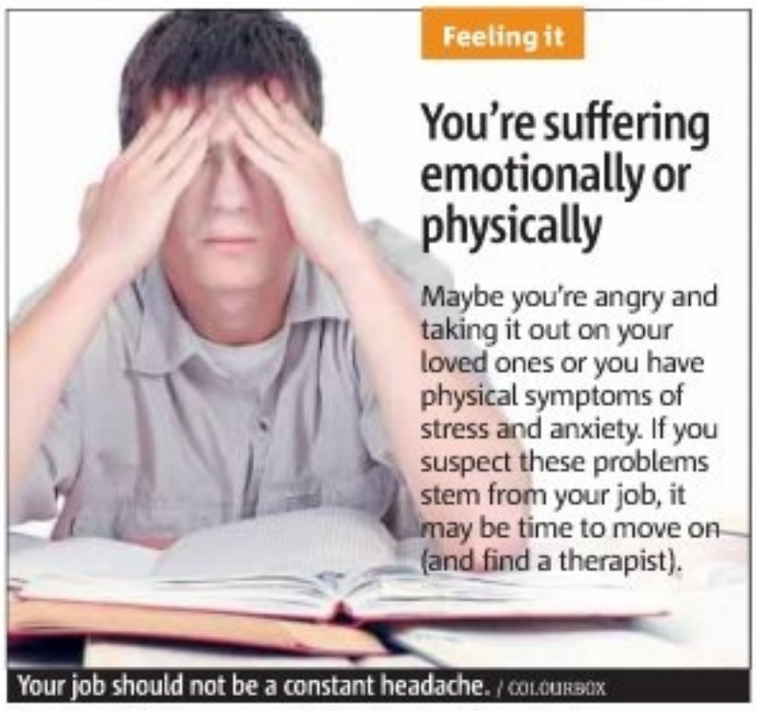
No job is perfect in every respect, and there are always going to be occasional rough periods. You could probably learn to live with one or two of these factors. But when the daily hustle seems like too much to handle, see if these warning signs resonate with you:

1 You're not learning. This might sound minor — after all, work is not school — but if you're not learning, you're not growing. And if you're not growing, boredom is sure to set in. A fulfilling job should offer challenges and require you to master new skills, try new techniques and absorb new information. If none of that is happening, you're stagnating.

2 Your values are not in sync with those of the company. It doesn't matter what the specific issues are. The point is this: If you often find yourself thinking, "That's not right," the fit between you and your job is no longer beneficial for either you or the company.

3 The business is in bad shape. Professionally, you may be doing fine, but if you can see that your industry is in trouble and you're hearing ominous rumors about your company, think twice about staying. A steady stream of cost-cutting measures can alert you to the company's continued downward trajectory.

— Source: Robert L. Dilenschneider, author of "The Critical First Years of Your Professional Life"



Feeling it

You're suffering emotionally or physically

Maybe you're angry and taking it out on your loved ones or you have physical symptoms of stress and anxiety. If you suspect these problems stem from your job, it may be time to move on (and find a therapist).

Your job should not be a constant headache. / COLOURBOX

See more at www.metro.us

That joke might not land in a room where you're outnumbered, one study suggests. / COLOURBOX

GET IN ON THE JOKE TO GET AHEAD

Chances are if you're a woman, self-deprecation is part of your social arsenal. Joking at our own expense tells others we're friendly and approachable. But while self-deprecation may work with other women, it can be a linguistic faux pas if you happen to be a senior woman among a group of men. I learned all this from Judith Baxter, a professor of applied linguistics at Aston University in the U.K. Baxter spent 18 months studying the ways in which men and women use language — including humor — at work. She focused on men and women leading high-level meetings. "Men were using humor in a more crafted and professional way to manage people," says Baxter. "Women were less easy using humor, and there were often cases of humor going wrong when the women used it."

This is where the (female) heart sinks. Eighty percent of women's attempts at humor flopped, while 90 percent of men's jokes were met with mirth. Baxter says part of this comes down to cultural factors. "Women aren't supposed to be funny but men are. Women and men are prepared to laugh at men's jokes, but men aren't prepared to laugh at women's jokes."

Women's minority status in these meetings also played a part (there was an 80/20 men-to-women split). "When women are in the minority they tend to be less self-assured, so humor doesn't come as naturally," she says. The good news? Among middle managers, there were more women in those meetings, and they got more laughs.

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bi-monthly podcast called "The Broad Experience" about women in the workplace.

By the numbers

80%

Eighty percent of women's attempts at humor failed during a study by Aston University in the U.K.

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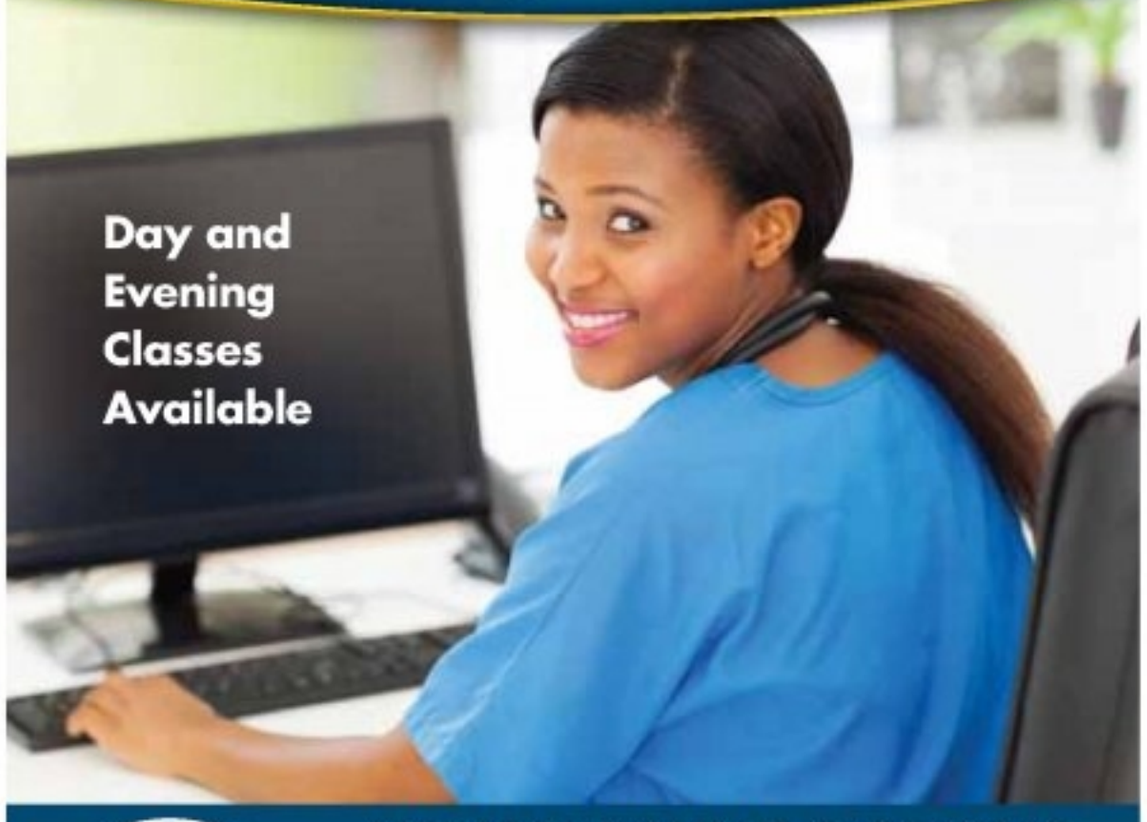

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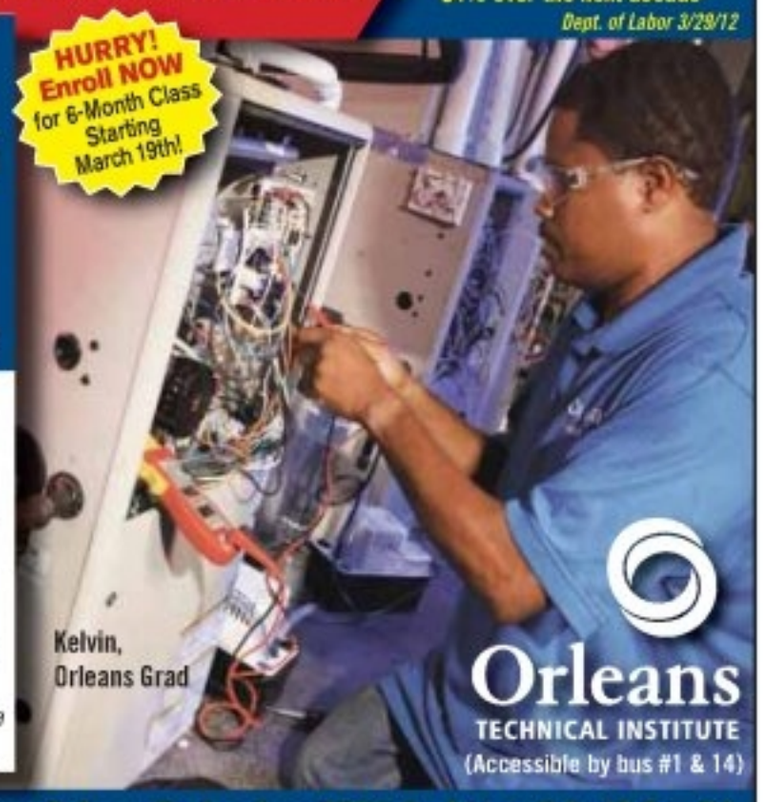

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Horoscope

♓ Pisces | Feb. 19-March 20. Your career should remain your top priority. Refuse to be deterred by those who don't share your passion.

♈ Aries | March 21-April 20. Important information is being withheld from you. Much energy will be required to find out the pertinent facts. Research will enable you to make the changes necessary.

♉ Taurus | April 21-May 21. Recruit family members who have been challenging your ideas. Once changes have been made, everyone will be surprised.

♊ Gemini | May 22-June 20. To avoid future dissension, it is imperative to get agreements in writing. Make the effort to get together with someone you love.

♋ Cancer | June 21-July 22. You must maintain a positive attitude if you want to achieve stellar results. Complaint will alienate you from those you want to impress.

♌ Leo | July 23-Aug. 22. Adding to your interests will help expand your chances of success. To achieve your dreams, leave no stone unturned.

♍ Virgo | Aug. 23-Sept. 22. Sticking to a strict budget may be difficult, but it will be beneficial in the end. By eliminating negativity, you will be able to focus on productivity.

♎ Libra | Sept. 23-Oct. 22. You will be able to win over your most obstinate opponents. If you demonstrate your helpfulness, a rewarding partnership will be proposed.

♏ Scorpio | Oct. 23-Nov. 21. Others may be trying to take credit for your ideas. Apply yourself to some complex projects.

♐ Sagittarius | Nov. 22-Dec. 21. Social and romantic events look promising. Enhance your self-esteem with a little indulgence. A new hairstyle may provide just the lift you want.

♑ Capricorn | Dec. 22-Jan 20. Don't ever stop believing in yourself. Stick to your original plans and refuse to listen to those who are critical or pessimistic.

♒ Aquarius | Jan. 21-Feb 18. Plan some entertainment for your friends. A short trip will give you the opportunity to try something different. **BERNICE BEDE OSOL**

Sudoku: Easy and hard

9	4					1	6	7
			6				2	9
		3			1			5
			1	6				
6	2						7	3
				4	7			
2			7			5		
1	7				3			
3	9	6					8	2

	2	9			4	6		
1	6				8			7
						3	1	
8	4				1			
		7	3		6	8		
			8				6	1
	7	5						
2			4				5	6
		1	6			2	3	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Keep religion in check

Hooray to Arizona Gov. Jan Brewer for vetoing the anti-gay bill! Religious freedom is a fine thing, but one can go too far the other way too. We have allowed too many children to die because their parents disapproved of medical help. It would be a shame if the Lutherans tried to do everything their founder wanted them to do — then they would go out and burn down every Jewish home in the neighborhood. If you want a third example of religious freedom going overboard, I'll give you two numbers as a hint: 9 and 11.
THOMAS ROBERTSON, VIA EMAIL

Don't make US an army of one

I know that the American government has often used its military to abuse people in other countries. But, seriously?! Cutting down our army to pre-WWII levels at a time when America's enemies are growing ever more bold and powerful? We should not be surprised if the foolish decision-making coming out of the Pentagon winds up costing the country its sovereignty.
JORDAN CLARKE-BONHOMME, VIA EMAIL

letters@metro.us

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Online

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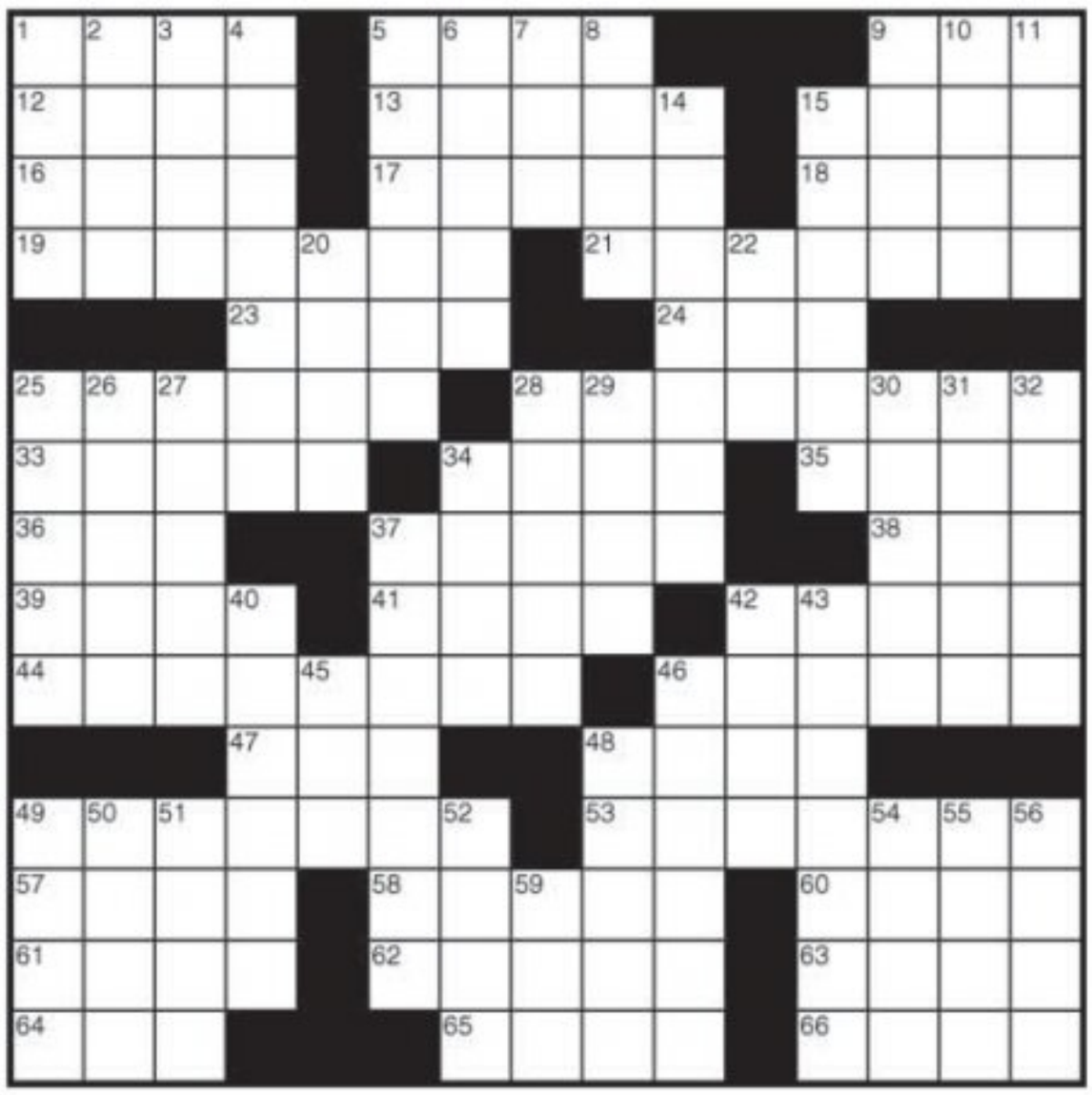
Interactive Crossword

Crossword

Across
1 Flat-muzzled pooch, slangily
5 Sgt. Preston's gp.
9 Old crone
12 Shades
13 Mover's rental (hyph.)
15 An ellipse has two
16 Blows it
17 Ipso —
18 Picnic intruders
19 Stopped working (2 wds.)
21 Everest adjective
23 Cleopatra's river
24 Pixel
25 Apollo's priestess
28 Curbed (2 wds.)
33 Ploys
34 Hayloft locale
35 Like blue moons
36 Clean water org.
37 Pitch
38 Matter, in law
39 "Nautilus" skipper
41 Viking letter
42 "— you coming?"
44 Arrogance
46 Battery posts
47 Want-ad letters
48 Clucks
49 Evening serenader
53 Stumped, informally (3 wds.)
57 Ultimatum word
58 Greathearted
60 Roam about
61 Go first
62 Midwest crop
63 Tel. or elec.
64 — annum
65 Canine noises
66 Blanc and Gibson

Down
1 Sigh of relief
2 Type of dollar
3 "Quo Vadis" co-star
4 Flower petal extract
5 Disturb or vex
6 Be annoyed
7 Big burger
8 Golf stroke
9 Sharpen
10 Play units
11 Key point
14 Dock work
15 Stumble
20 Rembrandt paintings
22 "Wolf Man" Chaney Jr.
25 Jesse of the 1936 Olympics
26 Get soft
27 Crockett's last stand
28 Damp
29 Seacoast eagle
30 Challenged
31 Curie daughter
32 Snug retreats
34 Smear
37 Disemcumbering
40 Toed the line
42 "Puppy Love" singer
43 Platform
45 Physique
46 Mountain poplars
48 Fall planting
49 Brown seaweed
50 Away from the wind
51 1917 abdicator
52 Hunky- —
54 Learning method
55 Harmful
56 Fish without scales
59 Ewe's plaint

Yesterday's answer



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3 SPORTS

Asche gets plunked

Asche OK after pitch hit

The Phillies averted disaster Sunday when they found out from team doctors that Cody Asche, their likely opening day third baseman, only had a bruised hand after being hit by a Yao-Hsun Yang pitch. An ultrasound showed no broken bones.

Iverson takes place among Philly legends

NBA. 76ers great Allen Iverson was given an emotional and start-studded ceremony to retire the No. 3 forever.

Allen Iverson walked onto the court at the Wells Fargo Center, and the sell-out crowd of 20,000-plus roared.

In fact, it was deafening.

Few players can spark that kind of response.

During his time with the 76ers, beginning with the team selecting him No. 1 overall in the 1996 draft, Iverson won over the passionate fan base. Oh, there were rocky times and tense moments along the way. There were mistakes and missteps.

But the 6-foot, 165-pound guard could overcome anything with his play between the lines. He was a whirling dervish, unafraid to take on anyone. This tiny guard would challenge the whole world and go head first at all times. It was a joy to watch and it culminate with a trip to the NBA Finals in 2001.

The Sixers fell to the Los Angeles Lakers in a hard-fought five-game series, but the memory of Iverson draining a clutch baseline shot and stepping over Tyronn Lue en route to a Game One victory will be etched in this city's memory forever.

Even without a championship, Iverson will always be loved in Philadelphia. That is supremely evident every time he comes back.

Allen Iverson's No. 3 is just the eighth number ever retired by the Sixers. / GETTY IMAGES

Philly favorite

Return is bittersweet for Iverson

Saturday night, Allen Iverson's No. 3 jersey was retired and lifted to the rafters in an emotional ceremony.

"It's basically bittersweet," said Iverson, now 38 years old. "Some part of my heart hurts because I realize and understand it's over. When I come into the arena, I'm stepping out onto the basketball court with street clothes on, and I know it'll never be in a uniform again. That part of it brings back so many memories, just hearing the roar of the crowd and doing my signature put-my-hand-up-to-my-ear thing.

"I'm a basketball fan. I can watch basketball, but it's hard for me to watch the Sixers play. I can watch another team, another organization. It's just different when I walk in here. It feels like just yesterday I was trying to entertain these fans."

The Answer entertained the fans one last time. During the ceremony, he stepped away from the microphone and cupped his hand to his ear. The crowd went crazy.

"I am Philly," Iverson said. "It's always going to be that way."

Quoted

"Ya'll have to show me the fool who says dreams don't come true, but they do."

Iverson

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MLB. Phillies offense continues to struggle in spring training

The Phillies' offensive woes from 2013 seem to still be plaguing the team as 2014 beings — in spring training at least.

After a 4-1 loss to the Pirates on Sunday, a game that saw the Phillies knock seven hits but muster a single run, the team is averaging just .192 through five Grapefruit League games.

In the loss, the Phillies loaded the bases twice for Kevin Frandsen, but he went 0-for-2 and stranded all four runners both times.

Manager Ryne Sandberg and his staff hope the offense begins to wake up as the preseason progresses and will give the Rays and Matt Moore a different look in their game Monday. Stars Ryan Howard, Chase Utley and Jimmy Rollins will take the day off, replaced by Darin Ruf, Andres Blanco and Ronny Cedeno.

A.J. Burnett did impress in his debut Sunday, allowing one run on one hit. He tossed a 1-2-3 frame in the second, all groundouts. **EVAN MACY**

Pitching depth

Buchanan emerges as dark horse

The Phillies, with Cole Hamels two weeks behind and several other pitchers battling minor injuries, are suddenly looking for starting pitching depth.

They may not have to look further than David Buchanan, who pitched two scoreless innings and dodged a few well-hit balls in his debut Saturday to impress the Phillies coaching staff.

"He's been impressive from day one, for me," Sandberg said. "He's down in the zone and mixes his pitches. I thought he did a very nice job."

Meanwhile, another hopeful staring pitcher, Ethan Martin, was diagnosed with a strained right shoulder capsule and triceps. **METRO**

The Phillies are still trying to stabilize their offense. / GETTY IMAGES

Gonzalez is solid

Gonzalez still a mystery after Phillies debut

A lot of anticipation followed Cuban free agent acquisition Miguel Alfredo Gonzalez prior to his Saturday debut against the Yankees, and after his first appearance in red pinstripes, the hurler has created more questions than he has answered.

Gonzalez allowed two hits, a run and walked four in his first spring training performance. He also struck out two in 1 2/3 innings.

"I saw a very competitive [guy], and that is what I was really hoping for," Phillies pitching coach Bob McClure said. **METRO**

Heating up

Papelbon regaining velocity

Phillies closer Jonathan Papelbon saw his average fastball velocity dip close to 90 mph last season, and also saw his save total reach a career low.

Though it is debatable whether the two might be related, the Phillies coaching staff was very pleased to see the righty up around 93 mph during a spring training appearance Sunday.

Pitching coach Bob McClure said Papelbon's fastball had some more "giddy-up" on it.

Last season, opposing batters hit .303 off Papelbon's heater. **METRO**

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Wildcats move to first place

NCAA. Villanova is in the driver's seat in the Big East after Sunday's win over Marquette.

Daniel Ochefu and the Wildcats are now in first place in the Big East conference, all by themselves. / GETTY IMAGES

Villanova didn't know it controlled its own Big East destiny heading into Sunday's date with conference rival Marquette.

And not a single player realized the conference was theirs to lose until they'd finished disposing of pre-season favorite Marquette 73-56 at the Wells Fargo Center yesterday to solidify their hold on the top spot.

"Honestly, I didn't even know," confessed junior guard Darrun Hilliard.

Hilliard exploded for a career-high 26 points before being informed that Creighton's 75-69 loss at Xavier had put Villanova in the Big East's driver's seat at 14-2.

"I just heard Coach [Jay Wright] now say we were in first place," he said. "That's pretty cool. But we've still got a lot of work to do."

That's just the way Wright wants his players to think, even though they're just a win at Xavier, followed by beating longtime rival Georgetown back here next Saturday, from being Big East regular season champs for the first time in decades.

"It doesn't have any impact on us," said Wright, who was most pleased with the way Hilliard and his bench built a 36-25 halftime lead despite having starters James Bell and Ryan Arcidiacono play just 11 minutes between them due to foul trouble. "It really doesn't. We will not even address it. We'll just concentrate on our next game, Xavier. It's the only thing we can control. We had no control being in first place. Creighton beat us twice. They had it. We only got it because of what happened in their game."

By the numbers

14

Big East conference wins for Villanova, the most in the conference and just one more than second-place Creighton

1982

The last time Villanova won an outright Big East title. The Wildcats split the crown three times, most recently in 2006.

Perhaps. But the No. 8 ranked Wildcats made sure to take care of business against a 17-12 Golden Eagles club that took them to overtime Jan. 25.

With Hilliard providing the offensive spark early — scoring 18 in the first half — then freshman Josh Hart (13) and JayVaughn Pinkston (11) taking over after intermission, Villanova was able to win going away.

By the time the rankings come out tomorrow they could conceivably be in the Top 5, since Kansas, Louisville and Syracuse — all ranked ahead of them — lost this weekend.

Of course, Wright & Co. won't even worry about that either. The only thing on their minds will be Xavier.

"I watched them yesterday and they're playing great," said Wright, who doesn't expect a repeat of 'Nova's 81-58 romp over the Musketeers Feb. 3. "And that's a tough place to play."

Then again, as Marquette learned yesterday and the rest of the Big East — other than Creighton — has discovered this season, it keeps getting better for the Wildcats. Villanova is a very tough team to play.

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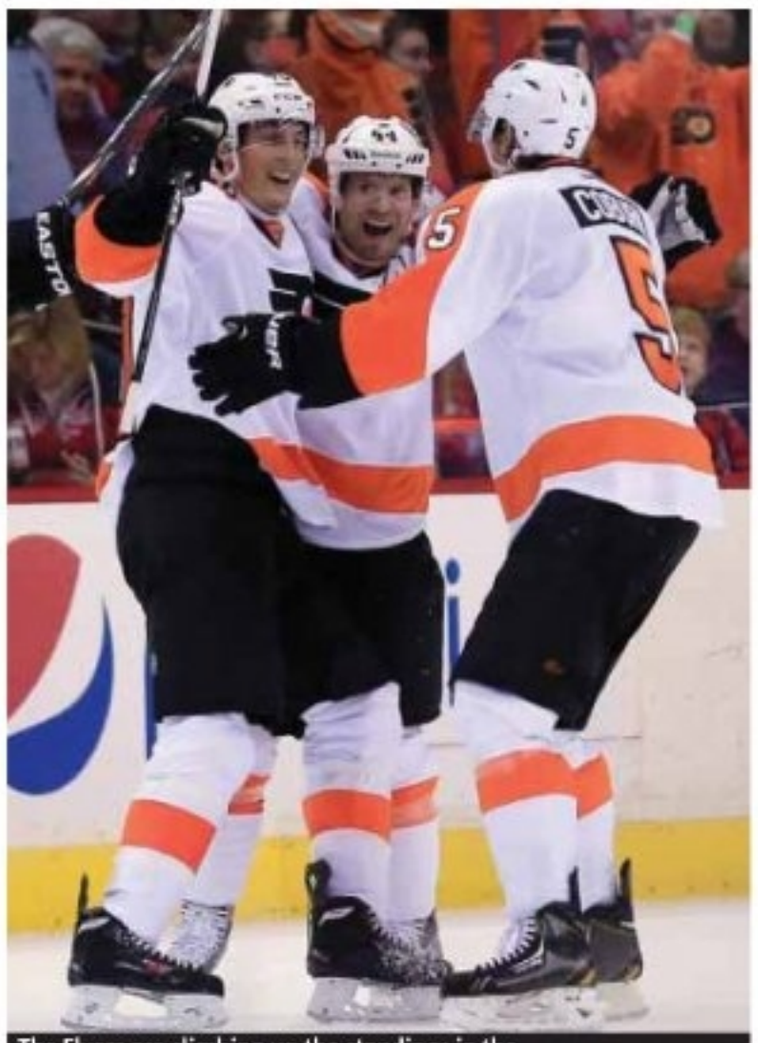
Lecavalier lifts Flyers over Caps

NHL. The Flyers won their second game in two days, this one after closing a two-goal third period deficit.



The Flyers are climbing up the standings in the Eastern Conference. / GETTY IMAGES

The Flyers came back with a vengeance in a 5-4 win against the Capitals on Sunday, netting two goals in the final eight minutes of regulation to close a 4-2 gap before Vincent Lecavalier stunned the crowd in Washington with an overtime goal.

"We played a great game," Lecavalier said. "It was a high intensity game, a lot of emotions on both sides. That five-minute power play we got gave us that chance and we took advantage of it, capitalized on it. Once it's 4-4, it's a new game."

Claude Giroux scored the equalizer at the 1:05 mark, tipping in a Jake Voracek shot with an empty net behind him.

Just over a half-dozen minutes earlier during a five-minute power play, Voracek scored to get the Flyers within one goal.

The come-from-behind win is even more remarkable considering the Flyers were outshot 17-6 in the opening 20 minutes but would tally more shots by the final buzzer, 36-29.

The Flyers now have back-to-back wins and are in second place in the Metropolitan Division.

Quoted

"We never gave up and we stayed patient. It shows how much character we have in the room."

Flyers forward Mark Streit

EVAN MACY
evan.macy@metro.us

Flyers in the box

Flyers lead NHL in penalty minutes

The Flyers are in playoff contention and playing very good hockey. But they aren't making it easy on themselves.

After Saturday's win, Philadelphia stood atop the NHL in total penalty minutes with 948, more than 80 more than the next closest team.

But the Flyers penalty-kill unit has been getting the job done, killing over 84 percent of penalties, the seventh best mark in the league. The Flyers' other special team, its power play unit, is also playing well, scoring on 19.8 percent of its opportunities. **METRO**

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